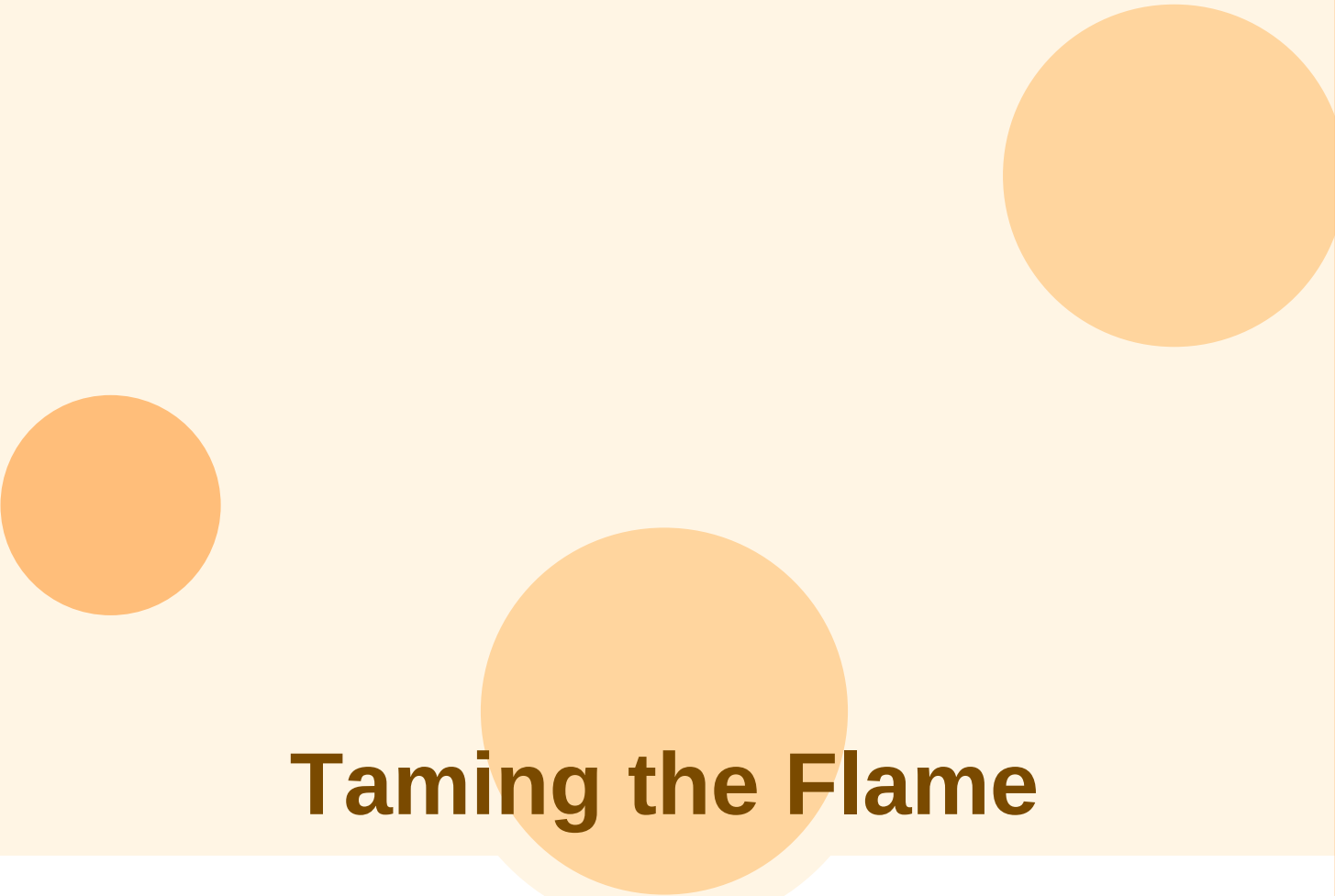




Taming the Flame

A Therapeutic Exercise Book for Anger Management

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Welcome

Anger is not your enemy — it is a signal, a protector, and often the loudest voice of an unmet need. The goal of anger management is never to eliminate anger, but to transform it from a fire that destroys into a flame that illuminates. These 10 physical and 10 cognitive exercises will help you understand, regulate, and channel your anger into clarity, boundaries, and conscious action.

HOW TO USE THIS BOOK

- Work through the exercises in order, or choose what calls to you in this moment.
- There is no right or wrong way to engage — only your way.
- Complete exercises at your own pace. Revisit those that resonate deeply.
- Keep a dedicated journal alongside this book to capture insights.
- Share selected exercises with your therapist, partner, or trusted person.
- Be gentle with yourself. Healing is not linear — it is layered.

Book a Session with Dr. Arjumand Raza

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Physical Exercises

Body-Based Practices for Healing & Regulation

Take your time with each exercise. You deserve this space.

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1 The Cold Water Reset

When anger peaks, run cold water over your wrists and the back of your neck for 30–60 seconds. Cold water activates the dive reflex, rapidly slowing your heart rate and interrupting the anger escalation cycle. This is your emergency brake.

2 Anger Release Through Movement

Find a private space. For 3–5 minutes, stomp your feet, shake your arms vigorously, or punch a pillow. Anger is physical energy — it needs a physical outlet before cognitive processing is possible. Follow with slow breathing.

3 Progressive Muscle Relaxation for Anger

Lie or sit comfortably. Starting with your fists, tense each muscle group tightly for 5 seconds while breathing in, then release completely while breathing out. Work from hands to shoulders to face to core to legs. Repeat twice.

4 The 5-Minute Power Walk

When you feel anger building, immediately take a brisk 5-minute walk. Pump your arms and breathe deeply. Movement metabolises the adrenaline and cortisol driving your anger response, making rational thought accessible again.

5 Box Breathing (4-4-4-4)

Inhale for 4 counts, hold for 4, exhale for 4, hold for 4. Repeat for 10 minutes. This is used by military personnel and first responders to regulate extreme emotional arousal. It is one of the most evidence-based physiological tools for anger.

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6 Jaw and Shoulder Release

Anger is stored primarily in the jaw, shoulders, and hands. Open your mouth as wide as possible, hold for 5 seconds, release. Roll your shoulders back 10 times, then forward 10 times. Repeat this sequence 3 times when triggered.

7 Grounding Breath Walk

Walk slowly, synchronising your breath with your steps: inhale for 4 steps, exhale for 6 steps. The longer exhale activates the parasympathetic nervous system. Walk for 15 minutes. This is a deceptively powerful anger regulation practice.

8 Expressive Writing & Shredding

Write out your anger in full — unfiltered, uncensored — for 10 minutes. Then physically tear the paper into small pieces. The act of destruction provides symbolic release without causing harm. Follow with 5 minutes of slow breathing.

9 Cold Shower Protocol

At the end of your shower, turn the water cold for 30–60 seconds while focusing on your breath. This builds tolerance to discomfort and trains your nervous system to remain calm under physiological stress — a core anger management skill.

10 Yoga Twist for Anger

Sit cross-legged or in a chair. Inhale, place your right hand on your left knee and left hand behind you, and twist gently to the left. Hold for 5 breaths, then switch. Spinal twists are believed to release stored tension and support emotional regulation through the gut-brain axis.



Cognitive Exercises

Mind-Based Practices for Insight & Transformation

Take your time with each exercise. You deserve this space.

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1 The Anger Trigger Log

For one week, record every anger episode: the trigger, your thoughts, your body sensations, your behaviour, and the outcome. After 7 days, review for patterns. Are your triggers external events, or interpretations of events? This distinction is transformative.

2 The STOP Technique

When you notice anger rising: S — Stop what you are doing. T — Take a breath. O — Observe what you are thinking and feeling without acting on it. P — Proceed with intention. Write out a recent anger situation using the STOP framework to practise it in retrospect.

3 Cognitive Restructuring for Anger

Identify an anger-provoking thought (e.g., 'They have no respect for me'). Ask: Is this thought 100% accurate? What evidence contradicts it? What is a more balanced interpretation? Write the restructured thought and notice how your body responds differently.

4 Anger as Messenger

Write a letter from your anger to you. Begin: 'I am your anger. I arose because...' Allow the anger to explain what it is protecting, what it needs, and what it is asking you to do. This externalisation technique reveals the need beneath the rage.

5 The Hot Thought Identification

List your top five 'hot thoughts' — the recurring thoughts that most reliably ignite your anger (e.g., 'People always take advantage of me'). For each, write: (1) How often is this literally true? (2) What belief drives this thought? (3) What would I say to a friend thinking this?

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6 Empathy Mapping for Anger

Choose a person who frequently triggers your anger. Write answers to: What might they be feeling? What pressures are they under? What unmet needs drive their behaviour? What might they need from me? Empathy does not excuse behaviour — it interrupts automatic reactivity.

7 The Anger Spectrum

Anger exists on a spectrum: mildly irritated → frustrated → annoyed → angry → furious → rageful. For this week, practise identifying exactly where you are on the spectrum before you react. Earlier identification means earlier intervention and far more choice.

8 Assertiveness Script Writing

Think of a situation where you became angry because a boundary was crossed. Write an assertive (not aggressive) response using this formula: 'When [specific behaviour], I feel [emotion] because [impact]. I need [specific request].' Practise saying it aloud three times.

9 Values Clarification for Anger

Make a list of the values that are most frequently violated when you feel angry (e.g., respect, fairness, honesty, safety). Recognising that anger is a values-defence response helps you channel it into boundary-setting rather than aggression.

10 The Forgiveness Practice (Self & Other)

Write about one person you are angry with and one thing about yourself related to your anger that you have not forgiven. For each, write what forgiveness would look like — not excusing, but releasing. Forgiveness is the final frontier of anger transformation.

You Have Done the Work.

Completing these exercises is an act of profound courage and self-respect. Healing is not a destination — it is a practice you return to every day. Be proud of the intention you have set by opening this book. Continue your journey with compassion for yourself and those around you.

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